



# THE COURIER

## Ashbury Senior Computer Community Center

Volume 29, Issue 4

September - December 2015

Editor, Edris Holmes

### OUR MISSION

*To bridge the gap in the "Digital Divide" in our inner-city communities by providing high quality, accessible, and FREE technology classes in a supportive, appropriately-paced, and nurturing environment – that encourages personal growth and enhances the quality of life for all participants.*

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#### Come Visit Us!

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## Internet Connectivity...“What Have We Done”?

*ASC<sup>3</sup> works with partners in our community and across the U.S. to develop new approaches and new resources to support digital literacy and access for all!*

**In 2015** we continued to play a leading role in Connect Your Community (CYC), the collaborative working to develop sustainable models for community digital inclusion in Cleveland and Detroit. CYC is ASC<sup>3</sup>'s partner in our West side training center (the ASC<sup>3</sup> Connect Your Community Center). ASC<sup>3</sup> and CYC are also collaborators, along with MetroHealth's Center for Healthcare Research and Policy, in a groundbreaking pilot project to help more Medicaid and Medicare patients become meaningful users of MyChart, the online personal health record application used by most Cleveland hospitals.

**Along** with our other CYC partners like Tri-C, the Cuyahoga County Public Library and Seeds of Literacy, ASC<sup>3</sup> has participated in two big cable merger cases at the Federal Communications Commission to advocate for investment in community broadband adoption programs. The Coalition for Broadband Equity, which CYC organized for this FCC initiative, now includes digital inclusion leaders in other Time Warner communities such as Milwaukee, Dayton, Akron, Lorain, Youngstown, Kansas City, and Winston-Salem.

**Finally**, ASC<sup>3</sup> is also active in a new nationwide network of “digital inclusion practioners” called the National Digital Inclusion Alliance, which includes local governments, libraries, and community nonprofits in 31 states. NDIA has already enabled ASC<sup>3</sup> to have a voice in the FCC's deliberations on “Lifeline modernization” (i.e. using the Lifeline phone subsidy program to help support Internet access for low income households) as well as the White House Broadband Opportunity Council.

**What's Next?** Ashbury in partnership with our local Coalition for Broadband Equity is considering a major campaign project to engage Clevelanders in the benefits a of a public Wi-Fi system. If you are interested in helping in anyway please e-mail [info@asc3.org](mailto:info@asc3.org) and leave your contact information. You can also find more information at [connectyourcommunity.org](http://connectyourcommunity.org), [www.digitalinclusionalliance.org](http://www.digitalinclusionalliance.org), and the [asc3.org](http://asc3.org) websites.

## Connect2Lead!

Ashbury's newest venture, the **Connect2Lead (C2L)** program is connecting community volunteers and helping them become better leaders. The purpose of **C2L** is to provide individuals who give back to their community by volunteering their valuable time, the tools and specialized training to enhance their personal skills. This 15-hour training program is intense and thus, students must possess intermediate technology skills, as well as be regular community volunteers in order to be eligible.

**Congratulations** to the inaugural class of **Conect2Lead** on successfully completing this valuable program! Graduates of **C2L** receive a fully loaded, refurbished desktop personal computer and a financial stipend toward Internet connectivity.

**From left to Right:** Valeria Broner, Mary K. Williams, Cynthia Felder



### Barbara Ellington



My first exposure with ASC3 was during the tax season of 2012. Later I learned about the available free computer classes. I am a self-employed caregiver working with seniors. It is a blessing that I am able to serve people. My signature scripture is Proverbs 3:5-6 "lean not to your

own understanding, but in your ways acknowledge him and he will direct your path. I am pushing forward with Jesus leading the way.

I was fearful of the computer, information spreads so quickly. My church family asked. Do you email? Are you on Facebook? I finally decided to get on board with electronic communications. Thank you Mrs. Davis, it wasn't as bad as I thought it would be. I'm still learning!!!!

### Maria Mango & Evelyn Mannsur

Daughter, **Maria Mango** and Mother **Evelyn Mannsur**, teamed up to start becoming tech savvy.

They attended the ASC3 Beginner's class at the PNC Fairfax Connection, because they do not want to be left behind in technology. Though Maria has a little tech skills, she needed a refresher and also wanted to encourage her mother of 74 years young - not to give up.

"Our instructor, Shaletta Mitchell is very patient and understanding; she moves at a good pace for everyone. We have learned the basics of both

Mac and Windows operating systems", said Mango. "I am really enjoying the class", chimed in Ms. Mannsur. This dynamic duo appreciates this wonderful opportunity for the Ashbury class at the PNC Fairfax Connection. "We love the class and are learning so much!" Thank you so much!



### ASC3 SALUTES IT'S 2015 "An Evening with the Stars" Nuguza Saba Honorees

UMOJA (Unity)  
Alvin Fulton



UJIMA  
(Collective Work & Responsibility)  
Alan Silverman

UJAMAA  
(Cooperative Economics)  
Jan Thrope



Senator Sandra R. Williams  
NGUZO SABA (7 Principles)



Brian Cummins  
NIA (Purpose)



Rita Bolton  
KUUMBA (Creativity)



KUJICHAGULIA  
(Self-Determination)  
Peter Lawson Jones



Elliot Lanier  
IMANI (Faith)



## Eat Well Live Strong



### EAT CLEAN DURING THE HOLIDAY



The seasons for sharing is upon us. You don't have to give up eating clean just because it's the holidays. Many of our favorite-special occasion treats can be cleaned up simply by swapping whole grains for

refined ones, choosing low-fat dairy products and using minimally processed sugars. Eating clean is connecting with food and efforts that it takes to go from fields to plates in harmony with personal choices,

We have come to realize it was the slave's diet that was primarily responsible for their near perfect health. Small gardens that were planted adjacent to their cabins produced an abundance of fresh produce for the majority of the year. These gardens often time yielded a variety of (15) or more different vegetables.



Clean eating is an eating approach that encourages whole natural foods prepared and minimally processed. Clean foods are seasoned with less salt, fat, and sugar and maintain a close look on nutritional content to the original product. Clean eating avoids highly processed foods.

### SIX TIPS FOR CLEANING UP RECIPES

- ◆ Substitute whole flour for white flour Use minimal processed sugars
- ◆ Include protein, carbohydrates and fat in each meal
- ◆ Make seasonal fruits and vegetables the center of your meals
- ◆ Eat 5 or 6 small meals throughout the day
- ◆ Don't drink your calories
- ◆ Exercise

### TEA CAKE HISTORY

The history of tea cake goes back to slavery when Grandma would mix up a tea cake for desert. The tea cake was just sweet enough to make it a dessert.

### OLD FASHIONED TEA CAKES INGREDIENTS

- 2 1/2 C. flour
- 3/4 c. sugar
- 1 c. butter
- 1 egg
- 1/2 tsp baking power
- 1/2 tsp vanilla



Cream butter and sugar, add egg, sift flour and baking power together, add to first mixture, add vanilla. Roll on floured board. Cut with a cookie cutter.